

Dealing with feelings during frightening times



When you experience violence or other trauma – whether directly or indirectly – the world can feel like a scary and chaotic place. And it’s common to experience strong feelings.

Common feelings in uncertain times

Fear, sadness, grief, anger — these are normal emotions to feel in the midst or wake of frightening news or experiences.

Or you may even feel numb because life has never seemed so fragile. Perhaps you’ve never felt so vulnerable.

When you feel vulnerable or helpless, you may be more likely to lash out. Or you may turn anger and negativity inwards.

You may feel irritated, distracted and on edge.

Here are some tips for dealing with your feelings during this period:

- 1. Accept them.** Denying, resisting or judging your feelings will only make things worse in the long run. You can’t fully cope with your feelings until you acknowledge they exist. And it’s human to feel how you feel right now.
- 2. Express them.** If you’re sad, let yourself cry. If you’re scared, talk about it with someone who’s supportive. If you’re angry, take a walk, write about your feelings, listen to music, ask for space. It’s important to allow your emotions and also to process and cope with them in safe, productive ways.
- 3. Explore them.** You may want to get professional help to deal with your feelings. We can help you find counselors who practice near you or can meet with you virtually.

Remember, millions of people are impacted by these events. Whatever you’re feeling, you’re not alone! We’re here to help.

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